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*Lesson Summary*

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mixing. Compared to other nutrients such as protein, carbohydrates and fat, vitamins and minerals are present in food in tiny quantities. This is why vitamins and minerals are called micronutrients, because we consume them only in small amounts. Each of the vitamins and minerals known today has specific functions in the body, which makes *Vitamins and minerals: a brief guide* Elements and atoms. Introduction to carbohydrates. Introduction to proteins and amino acids. Introduction to lipids. Introduction to nucleic acids and nucleotides. Introduction to vitamins and minerals. This is the currently selected item. Biological macromolecules review.

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Introduction to Vitamins. Polish Chemist Casimir Funck coined the term vitamin in

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*Introduction to Vitamins and Minerals - Learning Outcomes*

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